

March 2022



“Serving Indigenous people in the City of Kenora for over 44 years”

The Red Eagle

Ne-Chee Friendship Centre Newsletter

Snow-crust Moon

ONAABANI-GIIZIS

In This Issue

- ◆ Things to Remember p.2
- ◆ Staff Recognition p.3
- ◆ Northwest Eagle Staff p. 4
- ◆ ISSP (ASSP) p. 5
- ◆ Community Involvement p. 6
- ◆ We're Hiring p. 7
- ◆ Program Announcements p. 8-9
- ◆ Staff List p.8-9

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Website: www.nechee.org

Note our Address Change

326 2nd St. South

Kenora, ON P9N 1G5



WAABINONG-Spirit Keeper of the EAST.

Yellow is the colour of East on the Medicine Wheel. East is where the sun rises and it represents birth and new beginnings. Our stage of life is “baby”, and our journey begins when the Creator breathes the spirit of life into us. We are a spirit on a physical journey, until our last breath.

It's appropriate that the element of East is Wind. When we think about the sun in the East, we see the Eagle spirit. The Eagle is a sacred symbol because it is the only living creature that naturally flies closest to the sun, it is a messenger for the Creator. It brings good messages to the Creator. This is why Eagle feathers are used for doctoring. The Eagle uses the air, which is the wind spirit, to get close to the sun.

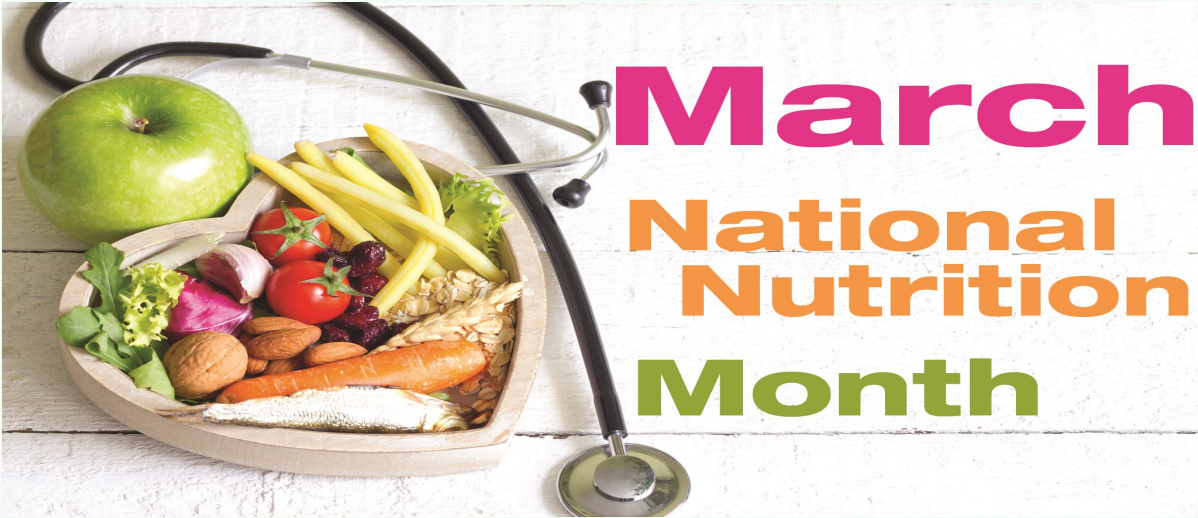
THINGS TO REMEMBER

International Women's Day

March 8th

#BREAKTHEBIAS

www.internationalwomensday.com



March
National
Nutrition
Month



SPRING AHEAD!

Sunday March 13



Thursday March 17



AMY KRISTALOVICH

CRIMINAL COURTWORKER/MENTAL HEALTH PEER SUPPORT COORDINATOR

Amy was hired April 2020, as one of our Criminal Courtworkers and then she took on the additional role of Mental Health Peer Coordinator in 2021. Amy is extremely passionate about the work that she does for those involved in the Justice System. She never hesitates to go the extra mile to advocate for clients which has been demonstrated on numerous occasions. Amy has many attributes...compassion, adaptability, devotion, and insightfulness, just to name a few. Amy works well as a team member and can always be counted on by her fellow co-workers, and management. We so appreciate the dedication you show to not only those you assist in your positions but to the Friendship Centre as a whole. Thank you, Amy, for being such a loyal employee.

Patti Fairfield, Executive Director

I've always known that I wanted to work in the helping field. When I first started at the Friendship Centre, I had no idea that I would end up working in justice. I graduated from the Social Service Worker program in 2020 and have been working in the social services field for around 4 years. Through my college placement in the justice department at Ne-Chee, I discovered my passion for supporting those who are involved in the criminal justice system. In my current roles, the environment I work in is high paced and teaches me something new every day. I am very solution focused and always up for a challenge. Working at the Friendship Centre has allowed me to utilize my creative side, given me pathways to make connections and gain relationships that I never thought I would have.

Amy Kristalovich

One thing on your Bucket List: **Travel to New Orleans and tour the Bayou on an air boat.**

Best Advice: **"Don't be so hard on yourself. Treat yourself the same way you'd treat a good friend."**

Hobbies/Interests: **Snowmobiling, camping, gardening, foraging, cuddling with my dogs.**

Favorite Food: **Potatoes, any style.**

NORTHWEST EAGLE STAFF

Biidaasmose-she/he walks here



The Eagle staff came to being from prayers and a sent dream that would create support and harmony to the Friendship Centres in the Northwest Region to help with our challenges to meet our communities members needs as we work to develop partnerships and strength to move forward to our future.

The Eagle staff will spend 44.5 days here at NFC, and then will depart and continue on it's journey.

The staff is placed in a bright East window in our event space. The Eagle staff is smudged daily and the cup of water is refreshed.

Biidamose is not an inanimate object, it travels to support the good work we do. We care for it just as we do our community members, our babies, our elders. It is very powerful. We encourage the staff to take some time to speak to this very special guest and reflect on that time going forward.

A little information about Biidaamose

Ribbon Colours– There are 7 ribbons, each ribbon represents a Friendship Centre in NW Ontario. NFC is represented by a Orange ribbon.

Staff is white pine– To symbolize unity, peace and the four directions.

Cedar base– Is for the protection of the eagle feathers to provide strength and wisdom.

Eagle Feathers– Symbolize the connection to the Creator.

ISSP (Formerly ASSP)

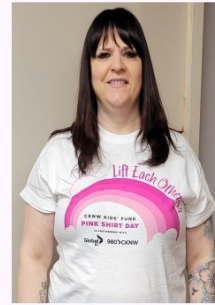
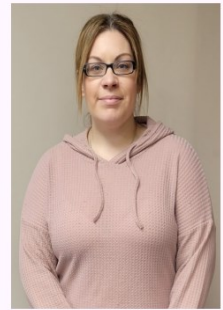
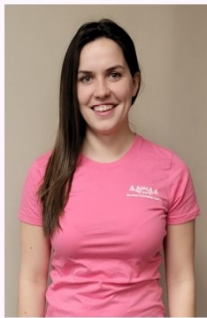
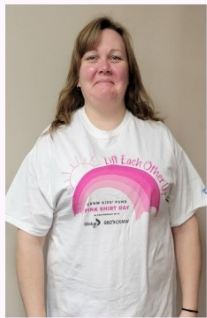


ASSP, Alternative Secondary School Program has undergone a name change. Many of the students have had great success in the program however staff felt the name “alternative” creates a stigma. Natalie Edwards from Beaver Brae who is the onsite teacher for the ASSP program came up with a new name, *Indigenous Student Success Program (ISSP)*. She pitched the name to NFC’s Executive Director, Patti Fairfield. Patti immediately liked the change and sought approval from OFIFC (Ontario Federation of Indigenous Friendship Centres). The OFIFC thought the name was amazing and approval was granted.

ISSP students had a busy February. They made tie-dyed shirts for Pink Shirt Day which is a day to bring awareness to bullying, on that day they made healing blankets.

ISSP would like to thank their guides Dennis Favreau, Cody Meekis, & David Friesen for a day of snowshoeing and lunch at Silver Birch Lodge.





Pink Shirt Day, February 23, 2022

Pink Shirt Day was inspired by two Nova Scotia high school students who organized their fellow students to wear pink in support of a Grade 9 boy who was being bullied for wearing a pink shirt.

By wearing pink we can show our support for welcoming, caring, respectful, safe, and inclusive school communities. It is a day to encourage everyone to stand up to bullying when they see it in schools, communities, workplaces, at home and online.

WE ARE HIRING



- ✓ F/T Indigenous Children's Wellness Program Coordinator
- ✓ F/T Employment Counsellor
- ✓ F/T Youth Employment Counsellor(Start date April 1st)
- ✓ F/T Cultural Resource Coordinator
- ✓ F/T Indigenous Community Justice Coordinator
- ✓ F/T BVSP Team Lead/BRP Manager
- ✓ F/T Native Inmate Liaison Officer
- ✓ F/T Drug Education and Living Worker
- ✓ Temp BVSP Worker (Parental Leave)
- ✓ On-Call Bail Residency Workers

APPLY NOW

Visit www.nechee.org for details





Join us for the
40th Annual Nestor
Falls Winter
Carnival Kids
games!

SNOWSHOE RACES AND SKATING

Sunday, March 6th @ 10:00 AM
on the ice @ Northwest Flying

Brought to you by the Nestor
Falls Recreation Committee and
Ne-Chee Friendship Centre's
EarlyON Sioux Narrows-Nestor
Falls Child and Family Program




URBAN ABORIGINAL HEALTHY LIVING

INSTANT POT COOKING



MARCH 18 & 25
4:30PM
VIRTUAL EVENT
SIGN UP NEEDED BY MARCH 14 & 21

- Follow a recipe together and learn nutrition behind it
- Virtual Zoom Event
- Ingredients are provided
- Access to pressure cooker required
- 10 Spots available

Get Cooking

UAHL Coordinator Calisha · uahl@nechee.org · facebook.com/uahinechee/ · 468-5440 ext 230



Ne-Chee Friendship Centre



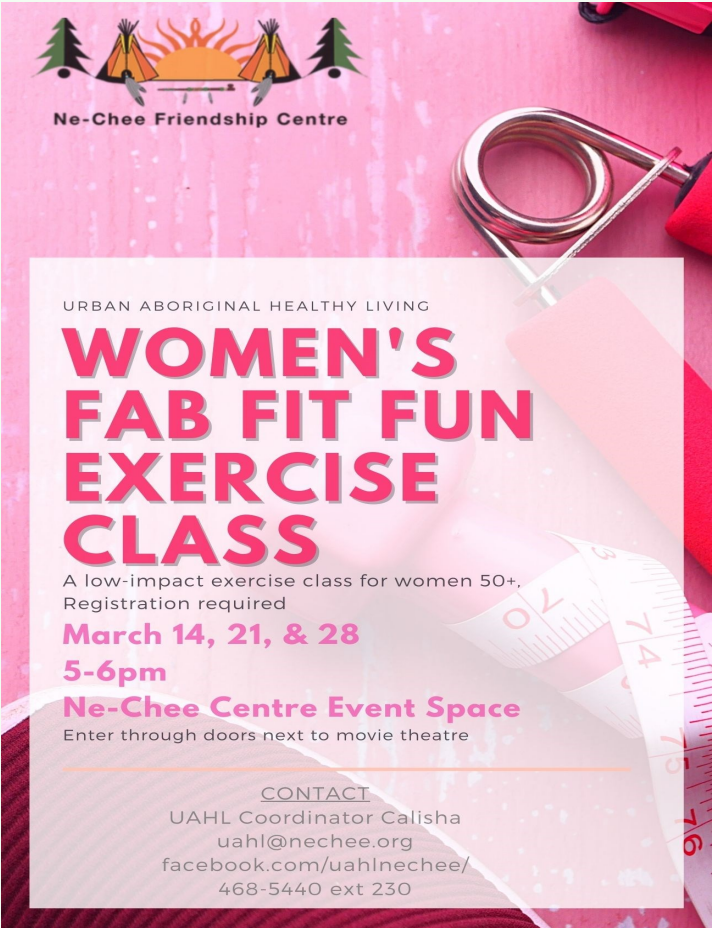
Strong Mom

AN EXERCISE CLASS FOR MOMS
A Full-Body Workout aimed at moms with children under the age of 4
Childcare provided during class
Limited Spots

March 4, 18, & 25
1:00-2:00pm

Ne-Chee Friendship Centre Event Space
enter through doors next to movie theatre

CONTACT
UAHL Coordinator
Calisha
uah1@nechee.org
facebook.com/uah1nechee/
468-5440 ext 230



Ne-Chee Friendship Centre

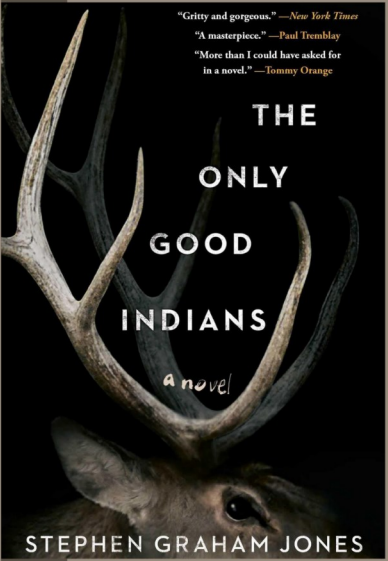
URBAN ABORIGINAL HEALTHY LIVING

WOMEN'S FAB FIT FUN EXERCISE CLASS

A low-impact exercise class for women 50+.
Registration required

March 14, 21, & 28
5-6pm
Ne-Chee Centre Event Space
Enter through doors next to movie theatre

CONTACT
UAHL Coordinator Calisha
uah1@nechee.org
facebook.com/uahinechee/
468-5440 ext 230




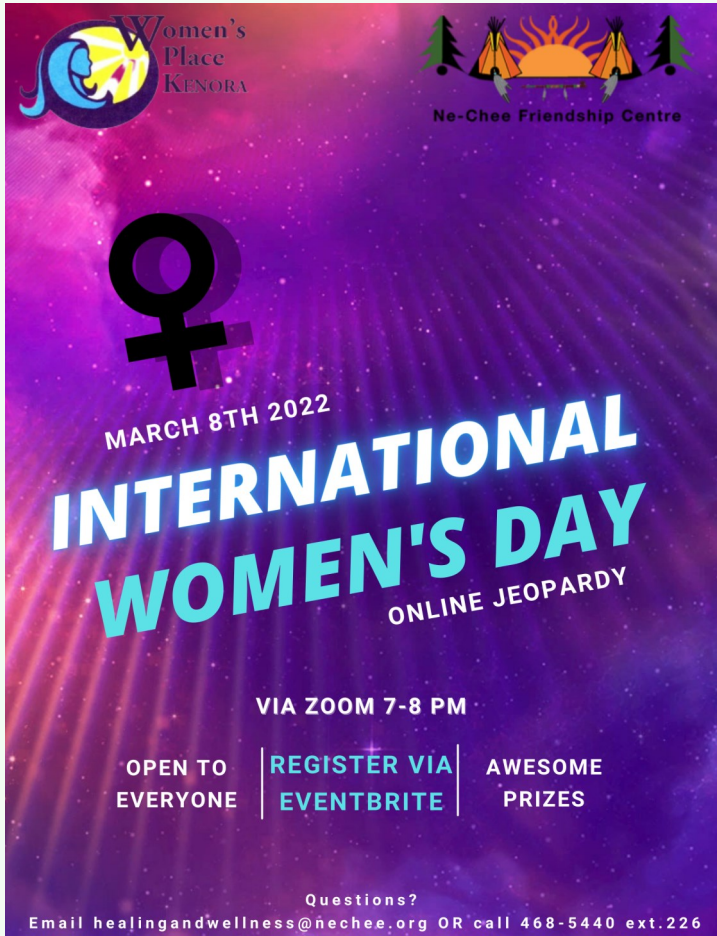
INDIGENOUS HEALING & WELLNESS

READING 4 HEALING

BOOK CLUB

Meeting via Zoom
March 9 & March 23 at 7PM

Contact HW Coordinator Emily for more information & to join!
 healingandwellness@nechee.org | 807-468-5440 ext. 226

INTERNATIONAL WOMEN'S DAY
 ONLINE JEOPARDY

MARCH 8TH 2022

VIA ZOOM 7-8 PM

OPEN TO EVERYONE | REGISTER VIA EVENTBRITE | AWESOME PRIZES

Questions?
 Email healingandwellness@nechee.org OR call 468-5440 ext.226

EVERYONE IS WELCOME TO JOIN US FOR

WEEKLY SHARING CIRCLE

Starting March 2
Every Wednesday at 1pm
Ne-Chee Friendship Centre Event Space
(entrance beside movie theatre)




WANT TO TRY AN OUTDOOR WINTER ACTIVITY? JOIN US FOR

Snowshoeing

No experience needed
Snowshoes provided!

Please come dressed for the weather
 Social Distancing rules apply
 Event is weather dependant
 Check Facebook page for updates & cancellations

3:30-4:30

DATES	LOCATIONS
• MARCH 15	• VERNON NATURE TRAIL
• MARCH 21	• GARROW PARK
• MARCH 29	• VERNON NATURE TRAIL



CONTACT
 UAHL COORDINATOR CALISHA
uah1@nechee.org
facebook.com/uah1nechee
 468-5440 ext 230



Staff Directory



For details about current job postings please visit us at www.nechee.org or find us on our facebook page.

COURT WORKERS Courthouse # 468-9657 NFC # 468-5440			
Amy Kristalovich	Criminal Courtworker (464-0585)	criminalcourtwork2@nechee.org	Ext. 256
Sherman Kabestra	Family Courtworker	familycourtwork@nechee.org	Ext. 233
JAIL WORKERS Jail # 468-2871			
Open	Native Inmate Liaison Officer	Kenora2-Nilo@ontario.ca (468-2871) ext 231	
Theresa Jamieson	Native Inmate Liaison Officer	Kenora-Nilo@ontario.ca (468-2871) ext 314	
Open	Drug, Education & Living Worker	Kenora.DEAL@ontario.ca (468-2871) ext 315	
JUSTICE PROGRAMS NFC # 468-5440			
Open	Indigenous Community Justice	communityjustice@nechee.org(464-4371)	Ext. 245
Brianna Boucha	Restorative Justice Liaison	RJLiaison@nechee.org (464-0069)	Ext. 220
Robert Laurin	Kizhaay Anishinaabe Niin Coordinator	kizhaayniin@nechee.org	Ext. 246
BAIL RESIDENCY & BAIL VERIFICATION AND SUPERVISION # 468-4619			
Brianna Boucha (Temp)	BVSP Team Lead/Bail Residency Manager	bvsp@nechee.org (464-1908)	
Loy Herbacz	Bail Verification & Supervision Worker	bailcoordinator@nechee.org (464-5849)	
Meagan Lacombe	Bail Supervision Case Manager	bailcasemanager@nechee.org(464-1854)	
Dayna Jamieson	Bail Residency Worker	bailaftercareworker@nechee.org	
Chris Bennett	Bail Residency Worker	bailaftercareworker@nechee.org	
Aden Zacharuk-Lessing	Bail Residency Worker	bailaftercareworker@nechee.org	
Cass King	Bail Residency Worker	bailaftercareworker@nechee.org	
Erin Redsky	Bail Residency Worker	bailaftercareworker@nechee.org	
Jesse Kellar	Bail Residency Worker	bailaftercareworker@nechee.org	
Jake Tellier	Bail Residency Worker	bailaftercareworker@nechee.org	
Tyson Skead-Stevens	Bail Residency Worker	bailaftercareworker@nechee.org	
Dylan Ricklef	Bail Residency Cook/Life Skills	lifeskills@nechee.org	
HEALTH PROGRAMS NFC # 468-5440			
Carolyn Rodger	Lifelong Care Program	lifelongcare@nechee.org (407-1443)	Ext. 228
Tamsen Unrau	Lifelong Care Program	lifelongcare2@nechee.org (407-1442)	Ext. 227
Emily O'Connor	Indigenous Healing & Wellness Program	healingandwellness@nechee.org	Ext. 226
Open	Cultural Resource Program	cultural@nechee.org	Ext. 225
Calisha Wilcott	Urban Aboriginal Healthy Living	uahl@nechee.org	Ext. 230
Amy Kristalovich	Mental Health Peer Support Coordinator	criminalcourtwork@nechee.org (464-0585)	Ext. 256

Staff Directory



For details about current job postings please visit us at www.nechee.org or find us on our facebook page.

ADMINISTRATION NFC # 468-5440			
Patti Fairfield	Executive Director	aces@nechee.org (807) 407-2482	Ext. 222
Aurea Dufresne-Fedus	Finance	finance@nechee.org	Ext. 224
Crystal Page	Office Administrator	OfficeAdmin@nechee.org	Ext. 223
Janet Shodin	Administrative Assistant	reception@nechee.org	Ext. 221
CHILDREN and YOUTH PROGRAMS NFC # 468-5440			
Sheri McNeill	Akwe:go Children's Program	akwego2@nechee.org	Ext. 234
Stacey Francis	Indigenous EarlyON Program	earlyon@nechee.org	Ext. 235
Lauren Hansen	EarlyON/Sioux Narrows/Nestor Falls	earlyonsn@nechee.org (807) 276-4425	
Sunny Copenace	Family Support Program Coordinator	familysupport@nechee.org	Ext. 236
Ashlynn Surovy	Indigenous Healthy Babies Program	healthybabies@nechee.org	Ext. 237
Open	Indigenous Children's Wellness Program	icw@nechee.org	Ext. 238
David Friesen/Calisha Wilcott	Wasa-Nabin Youth Program	wasa-nabin@nechee.org	Ext. 230
David Friesen	Youth Life Promotion Program	youthlife@nechee.org (807) 464-0482	Ext. 240
EMPLOYMENT and EDUCATION NFC # 468-5440			
Dalaney Smith (until Apr 1st)	Apatisiwin Employment Counsellor	employmentcounsellor@nechee.org	Ext. 248
Open	Apatisiwin Youth Employment Counsellor	youthemployment@nechee.org	Ext. 247
Becky Gartner	Indigenous Student Success Program	education@nechee.org	Ext. 231
BOARD OF DIRECTORS			
Vanessa Baxter	President	Board Email: bod@nechee.org	
Keith Singleton	Vice President		
Ramona Sawatzky	Secretary/Treasurer		
Jennifer Beilner	Board Member		
Alicia McCready	Board Member		
Brandy Armer	Board Member		

Vision Statement

To improve the quality of life for Indigenous People living in an urban environment by supporting self-determined activities which encourage equal access to and participation in Canadian Society and which respects Indigenous distinctiveness.